

## **MARCH 30 LACDMH RADIO SHOW FEATURES KITA CURRY FROM DIDI HIRSCH**



Tune in for the weekly “Free Your Mind Projects Radio Show” this Saturday, March 30, 2013, on the CBS radio station KFWB-AM (980AM) from 7:00-8:00 P.M. The Los Angeles County Department of Mental Health (LACDMH) is a proud sponsor of this unique radio show.

Whether you’re in your car or at home, tune in and listen to the hour-long program designed to promote awareness on mental health issues. This week, LACDMH Public Affairs Director Kathleen Piché will be co-hosting and will also be joined by Kita Curry, Ph.D., president and CEO of Didi Hirsch Mental Health Services.

On the show, Curry reveals that she has personally dealt with depression and is on her own path to wellness and recovery. She will also be discussing all the services and resources available through Didi Hirsch. She will share how Didi Hirsch provides mental health and substance use services to those in need. With 11 sites throughout Southern California, Didi Hirsch services more than 70,000 clients annually through a range of programs, including counseling, case management, suicide prevention and early intervention programs. Didi Hirsch is also known for operating its 24-hour, seven-days-a-week, suicide prevention crisis line (1-800-273-8255) which helps more than 50,000 callers every year.

Curry also talks about an upcoming event on Thursday, April 18, 2013. During *Erasing the Stigma – Music Matters*, Didi Hirsch will honor Quincy Jones, Michael Angelakos of Passion Pit and Jeff Greenberg. Tickets for the event are available through Didi Hirsch ([www.didihirsch.org](http://www.didihirsch.org)).

If you miss the show, you can always listen to it archived on the Free Your Mind Projects website: <http://www.freeyourmindprojects.com/category/radio/>.

The “Free Your Mind Projects Radio Show” is always interested in possible guests and subjects to cover. If you know of any persons in recovery or subject matter experts who would be good candidates for an on-air interview in a future show, please contact the LACDMH Public Information Office at [pio@dmh.lacounty.gov](mailto:pio@dmh.lacounty.gov).